

Post-Operative Instructions for *Abdominoplasty*

After Surgery

- After surgery you will have a compression wrap on.
 - For the drains:
 - Strip and record your drain outputs daily.
 - Record how much fluid comes out of each drain per days (Mon, Tues, Weds, etc).
 - Bring this information to your first postoperative visit.
 - Wear your compression all the time, except when showering.
 - You can shower 2 days after surgery. It is ok for soap and water to go on the incisions and drains.
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Activity

- Walk hunched over.
 - You can stand up as straight as is comfortable without pulling. This improves with time.
 - Sleep in a flexed position (pillows under legs and back).
 - You can slowly flatten out over time based on comfort (removing pillows). This usually takes 2 weeks to be fully flat.
 - Do not lift anything >5 pounds.
 - Be careful when getting in and out of bed/chair that you do not put too much pressure on your body.
 - Walking is good and decreases the risk of blood clots. Do not exercise or do anything that raises your blood pressure.
 - Exercise is not permitted for 6 weeks.
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Medications

- Take acetaminophen for pain, take the narcotic pain medication only for severe pain (you can also take a half pill). Ibuprofen is ok 3 days after surgery. Some patients do not need the narcotic.
 - You do not need any additional antibiotics.
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What To Expect While Healing

- Bruising is normal, if you have redness that is spreading, reach out to your surgeon
 - Some fluid on the dressing is normal.
 - The abdomen will take 6-12 months for scars and shape to fully mature.
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Follow-Up

- You should see Dr. Clain within 10 days of surgery. If you do not have an appointment, please call his secretary.